

Abstract

A transparent small object such as a cell can be simply observed without using any special modulating element needed for special observing methods. An observing tool for containing an object to be observed is used for a method for observing the object by illuminating the object with vertical illuminating light through an optical system having an objective lens. The observing tool has a reflective surface that reflects vertical illumination light when the object is observed. The reflective surface is provided on the front surface of the observing tool facing to the objective lens or on the back opposed to the front surface. The observing tool has a container holding a liquid. Using the observing tool, a cell or the like can be observed along with the culture solution.